

# SHOPPING LIST

## Protein:

- Beef Jerky
- Chicken
- Peanuts
- canned Black beans
- Salmon
- canned refried beans
- Spam
- canned pork and beans
- Tuna
- peanut butter

## Canned or Boxed Meals:

- Beef Stew
- La Choy Chicken Chow Mien
- Macaroni and Cheese
- Ravioli
- Spaghettios

## Soups:

- Chicken Noodle
- Tomato
- Cream of Mushroom
- Vegetable
- Chili
- Ramen Noodles

**Snack Foods:**

- **Cookies**
- **Pudding**
- **Vanilla Instant Pudding**
- **M & M's**
- **Breakfast Bars**

**Grain Foods:**

- **Instant Cream of Wheat**
- **Instant oatmeal**
- **Granola Cereal**
- **Ready to eat Cereal**
- **Saltine Crackers**
- **Graham crackers**
- **Tortillas**
- **Pretzels**
- **Tortilla chips**

**Canned Vegetables:**

- **Green Beans**
- **Peas**
- **Corn**
- **Yams**
- **Carrots**
- **Salsa**

### **Canned/Dried Fruit: and Fruit Juice**

- **Mandarin Oranges**
- **Peaches**
- **Pears**
- **Pineapple**
- **Fruit Cocktail**
- **Apple Sauce**
- **Raisins**
- **Canned apples**

### **Condiments:**

- **Jelly**
- **Honey**
- **Mayonnaise**
- **Salsa**
- **Italian Dressing**
- **Mustard**
- **Relish**
- **Salt**
- **Pepper**